



There are many out there taking other paths, choosing other goals, and trying to get you to go along with them. I've warned you of them many times; sadly, I'm having to do it again. All they want is easy street. They hate Christ's Cross. But easy street is a dead-end street. Those who live there make their bellies their gods; belches are their praise; all they can think of is their appetites.

But there's far more to life for us.

We're citizens of high heaven!

We're waiting the arrival of the Savior, the Master, Jesus Christ.

Philippians 3:18-20

"Gluttony and Temperance"

March 29 & 31, 2019

God has given you a _____ to choose which desire you will follow. We choose to please _____ (my way) or please _____ (God's way).

The struggle is _____.

The world/tempter says the struggle is _____.

When there is a struggle, we either seek to 1. _____ the struggle (alcohol, sleep, drugs, internet, video games, books, escapism) or 2. get rid of the relationship causing struggle (divorce, parent/child, job). Unrestrained pleasure destroys _____. Galatians 5:13-26



Where there is no struggle, the battle is already lost.

When we do not struggle, we become depressed. We lose hope.

– Fr. Joseph David Huneycutt

We struggle as a _____, aided by the Holy Spirit, not as individuals.

You're only as sick as your secrets. – AA

We are vulnerable when we are H_____, A_____, L_____, T_____.

Where do you go when you are hurting? _____

The Problem: The foundation of our problem is repeated _____.

Gluttony is the reckless desire for things that stimulate the _____:

_____ too much, listening to _____, drinking too much, overeating, scrolling, listening to music or talk radio **too much**.

Gluttony manifests as fussiness, being critical/demanding, hard to please.



"We are the richest people on earth, praying to get richer..."

we have too much, and it is ruining us." – Jen Hatmaker

The Answer is Temperance: Trusting Christ is _____. Exodus 20:3

Temperance is the _____ of limit. What Jesus says is enough is enough.

Temperance is _____ in all things including work, family, etc.

This virtue is encouraged, aided, and developed by way of _____.

We _____ from whatever hurts our relationships with God and others.

It's not about the food! The greatest struggle is _____. Phil. 3:12-20

Action Steps: 1. Grocery shop, bank, and do other business regularly in the _____ areas of the city to better understand what it is to love and care for our fellow human beings.

2. Drink only _____ for the next 48 hours. Write down your thoughts, feelings, and what your body or God might be telling you.